

Advice for the care of your eye following **LASER SURGERY ON THE CORNEA**

It is normal for your eye to be quite red, light sensitive, and even painful for the first several days following surgery. A moderate degree of mucousy discharge and a swollen and partly closed upper eyelid are also normal. The pain should significantly decrease after a few days and is replaced by an intermittent scratchy sensation. This scratchiness as well as the redness and light sensitivity should improve over the first week. The vision is typically quite blurred for at least the first several days to a week or two.

If you are concerned about your eye, you can contact me during office hours on 9654 3500 or after hours on 0411 448 441.

You can:

- drive after a few days if your vision has improved and you feel confident and comfortable with driving.
- after the first several days, play sports, go for a jog, play golf or play tennis.
- have a shower and wash your hair the day after the surgery.

Do not:

- go for a swim in a pool, river or the sea for at least 1 week following the surgery.
- dirty the top of the drops and ointment. It is best to wash your hands prior to using the drops to ensure they stay clean.

Postoperative Pain Relief

As discussed prior to your surgery, your eye may be quite painful for the first few days following the surgery. By taking the following measures you should be able to minimise the pain:

1. You can remove the eye pads the day after the surgery or later on the same day of the surgery if it is annoying to you. Start the eye medication following the removal of the eye pads.
2. Application of an ice pack over the closed eyelids for about 10-15 minutes every hour can be very effective in reducing pain. This should be done after the removal of eye pads.
3. If the eye is sore, it is best to lie down in a darkened room with your eyes closed and an ice pack in place over the eyelids.
4. Take painkillers (analgesics) as required but be careful of Panadeine and Panadeine Forte, they contain codeine, which may make you feel nauseated and may lead to constipation. If either of these occur, change over to Panadol (this does not contain codeine)